



# CLACKAMAS REVIEW

## SEPTEMBER 2014



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# Back to School

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# Business and home growth is on the rise

by CINDY FREE-FETTY

A recent traffic study on Sunnyside Road in Happy Valley showed that over 30,000 vehicles were passing through the area on a busy day.

"This can help explain why more and more auto-centric businesses are popping up in our area," said Michael Walter, Economic and Community Development Director for the City of Happy Valley.

"As developers and potential business owners see the traffic counts and understand the demographics of the City, they realize this is a place to build and succeed," he explained.

"Our City Council is pro-business," said Walters, "so it is relatively easy to build a business here." The challenges that developers and future business owners face in an area like Happy Valley is that it is a combined effort financially for all parties to implement the logistics necessary to break ground.

“The infrastructure is still getting into place and we all share in the cost of that as opposed to other more developed areas.” The difference is that in those areas, there aren’t as many open residential lots to build on.

"What you see as far as growth in those areas is what is available," Walters said, adding, "Here there is both supply and demand."

From a business perspective, "Retail follows rooftops. That's why businesses like McDonald's, Walgreens, Ace Hardware and Starbucks are building or at least in the design review phase," said Walters.

In addition, several small businesses are able to open in already developed tenant space. For example, a pizzeria and drop-off daycare are opening in the Happy Valley Town Center very soon.



Once bare land, more and more neighborhoods are being built, such as this one in the Taralon development.

*continued on page 2*

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COMMUNITYEVENTS



Sign of the times

On hand for the official ribbon-cutting are pictured L to R: HV City Senior Accountant Travis Warneke; Rep. Shemia Fagan; Mayor Lori DeRemer; City Council President Markley Drake; City Manager Jason Tuck; HV Public Works Director Chris Randall.

Long gone are the days when Happy Valley was just a small stretch of countryside for drivers passing through east Clackamas county. The city is now its own destination point, with the freeway signage to prove it!

At a July 29th ribbon cutting ceremony at the I-205/Sunnyside overpass, officials marked the addition of a Happy Valley directional sign to supplement freeway exit signage installed earlier this year through the combined efforts of ODOT, Rep. Shemia Fagan's office and the City of Happy Valley.

Now freeway travelers have another reminder that Happy Valley beckons them from the east, a helpful boost for

our local economic development as this region continues to grow with residential, institutional, commercial and industrial development opportunities.



Signs on I-205 direct travelers to Happy Valley.

Business and home growth is on the rise

continued from page 1

On the residential side, home values are on the increase. The general attitude might be that the Happy Valley area is just beginning to recover from the recession.

Walters explained, "This area has really been recovering pretty well for the last three or more years."

According to residential building permits obtained, numbers have nearly tripled since 2010. Professionals from the mortgage and real estate industries agree. Individuals and families are coming out from under their properties and are able to either refinance or sell and purchase new homes.

Based on July's Market Action Report published by RMLS, the average median sales price for the first seven months of 2014 is up 7.9 percent.

"Individuals and families are seeing the investment opportunity as the market continues to grow and they want a piece of that," explained Chris Linn, mortgage advisor with Alpine Mortgage.

According to Brenda Brunner, agent for Better Homes and Gardens Real Estate in Happy Valley, "There are currently 161 active listings for sale in Happy Valley. Of those, 52 are new construction."

Builders have returned and are capitalizing on the demand from those wanting to buy, and families love the great schools, a true community feel and the close proximity to downtown Portland.

Qualifying for a loan isn't as difficult as might be perceived.

"There are a lot of loan programs out there to help people get into homes or refinance," said Linn. "People need to consider their income, liabilities and credit score when qualifying."

Many people think their credit will be too poor to qualify, but simply haven't checked their score in years.

"There are many simple procedures that can be done to raise a credit score," said Linn.

As more and more vacant lots are being developed, this is adding inventory to the market. New homes mean more families and of course this brings dollars to local businesses.

Linn added, "It never hurts to see where you stand and if you are able to qualify to purchase or refinance a home."



PHOTO BY CINDY FREE-FETTY

This McDonald's being built on 122nd and Sunnyside Road will replace the existing store in the Town Center Village off of 147th and Sunnyside Road.

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TAKE NOTE  
HAPPY VALLEY MONTHLY

# Speed check



Officer Toops uses a special laser speed check camera to clock drivers' speeds. PHOTO BY CINDY FREE-FETTY

by CINDY FREE-FETTY

It took less than five minutes parked on the side of Highway 212 in Happy Valley to clock a driver going well over 15 miles per hour over the 45-mile-per-hour speed limit. It's not just one driver, but two, three and more in just five minutes.

"There is a lot of traffic in our area," said Ben Toops, traffic officer for the Happy Valley police department. "It takes just a few seconds of distraction to result in a traffic accident," he added. Combine that with speed and other conditions such as wet roads, and accidents occur.

Toops, who has been in law enforcement for over 20 years, enjoys his job as Happy Valley's traffic officer.

"For me, the priority is less about writing tickets," he said. "I want to see the accidents in the area go down. I want to have something I can measure that is helping save lives."

While the focus of traffic officers might seem to be writing tickets and generating revenue,

the true value comes in the message to citizens regarding how they drive, and the root cause of accidents is drivers that are distracted and following too close.

"People are going to have distractions such as looking down at the radio, using their phones and even just being fatigued and rushed," explained Toops.

"But we must remember to look up and out where we are driving and leave a safe distance so we can reduce the amount of crashes blamed on these distractions."

The most common traffic accidents in the area involve rear-end collisions and running stop signs. To date this year, there have been a recorded 148 car crashes in Happy Valley.

"Just slow down a little, give yourself plenty of room behind other vehicles and don't take unnecessary chances like running yellow lights," explained Toops.

He added, "I don't always write a ticket. Sometimes, the reminder to slow down and pay attention is just as effective."

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# CALENDAR EVENTS

## September 2014

- 1
- CITY HALL CLOSED**  
OBSERVANCE of Labor Day
- 2
- City Council**  
7:00 pm • City Hall - Council Chamber
- 9
- Parks Advisory Committee**  
6:00 pm • City Hall - Hoodview Room
- 9
- Planning Commission**  
CANCELLED
- 11
- Traffic & Public Safety Committee**  
7:00 pm • City Hall - Council Chamber
- 16
- City Council**  
7:00 pm • City Hall - Council Chamber
- 20
- Community Garden Volunteers**  
10:00 am • Community Garden - HV Park
- 24
- Happy Valley Business Alliance**  
7:00 am • New Seasons Market

Mondays Sept. 8 through Sept. 29  
**'Persevere: The Better Body' Cardio/Strength Class**  
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6:30 - 7:15 pm • Happy Valley Park  
Happy Valley Park is located at 13770 SE Ridgecrest Road

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EDUCATION  
HAPPY VALLEY MONTHLY

Administrators look forward to new school year

by CINDY FREE-FETTY

It's back to school time in Happy Valley, and principals and teachers are ready for a new year. Are you? For more information about each school and for school calendars, volunteer opportunities, daycare, food programs and more visit [nclack.k12.or.us](http://nclack.k12.or.us).

CLACKAMAS HIGH SCHOOL

Christine Garcia, Principal

Approximately 2,408 students

**What are you most excited about this upcoming year?** We are able to hire new teachers for the first time in a long time. They are fantastically overqualified. We are continuing to work on equity this year. With a significant amount of summer planning, we are ready to tackle some tough issues.

**What is the best part of your job?** Working with staff, students and families. This is an amazing community with a beautiful building, hardworking students and passionate staff members.

**How can the Happy Valley community support your**



PHOTO BY CINDY FREE-FETTY

Vice Principal Irving Brown high fives sixth grader Riley Carvey while Principal Behunin stands by.

“It all started in school, because everything starts in school.”

— Happy Valley Middle School student

**school?** Continue to come to events, volunteer in our schools and let us know how we can help our community.

**What are two main events coming up for September at your school?**

Sept. 15 — Back to School night

Sept. 22 — Homecoming Week starts

HAPPY VALLEY MIDDLE SCHOOL

Emily Behunin, Principal

Approximately 1,040 students

**What are you most excited about this upcoming year?** First and foremost, we are excited to have new families as part of the Heron Happy Valley family. We are also excited about continuing the district vision to support each student through the Ubuntu philosophy — I Am Because We Are.

**What is the best part of your job?** Watching students become leaders.

**How can the Happy Valley community support your school?** Volunteering at HVMS.

**What are 2 main events coming up for September at your school?**

Sept. 16 — Back to School Night, and our cross-country team is preparing for the fall season.

ROCK CREEK MIDDLE SCHOOL

John Brooks, Principal

Approximately 850 students

**What are you most excited about this upcoming year?** We are excited about our continued focus of developing young leaders and learners. One exciting idea we will be explicitly teaching



PHOTO BY CINDY FREE-FETTY

Happy Valley Middle School seventh grader, Phoenix Bakkum shows off his student ID.

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Space Reservation Deadline is September 17th

On the cover:

Students return to school for the 2014/2015 orientation at Rock Creek Middle School.

Photo by Doug Durland



EDUCATION  
HAPPY VALLEY MONTHLY

continued from page 4

students is the concept of growth mindset. Growth mindset is the understanding and belief that intelligence and talents are not fixed assets. Instead, through effort and practice, people can increase these. Research has shown that students with a growth mindset are more resilient and willing to tackle new learning.

**What is the best part of your job?** The kids. It is really fun to hang out with middle school students. It is also very rewarding to see the growth and development that takes place during this period in their lives.

**How can the Happy Valley community support your school?** We have wonderful parents, families, and community partners. Continuing their support and sharing all the good things about our school with the larger community is a great first step to growing community awareness.

**Events coming up for September at your school?**  
Sept. 16 — Back to School Night  
Oct. 8 — Second annual RCMS Jog-A-Thon (school-wide fundraiser)

**SPRING MOUNTAIN ELEMENTARY SCHOOL**  
**Curtis Long, Principal**  
*Approximately 450 students*

**What are you most excited about this upcoming year?** To see all our students’ smiling faces as they return for a new school year. It’s so much fun to see how much they’ve grown and the excitement in their eyes as they enter their new classrooms. With the halls shiny and all the new decorations on the walls, the first weeks of the school year have the feel of a new adventure just taking off.

**What is the best part of your job?** That’s easy. I get to see firsthand the growth of 450 students every single day — both academically and socially. I can watch kids’ eyes light up when they finally understand a new math concept, or the way new friendships develop out on the playground. I also get to work with an amazing group of teachers and families who would do anything for their kids.

**How can the Happy Valley community support your school?** Come be a part of the excitement. We’re always looking for more volunteers to help in all different ways that can help inspire kids to grow. Join our PTA or other parent support organizations.

**Events coming up for September at your school?**  
Sept. 18 – Open House/Barbecue  
Sept. 23 – PTA Meeting/Volunteer Orientation



PHOTO BY CINDY FREE-FETTY

Marissa Nelson with daughter Olivia, third grade, and kindergartener Kyle, register at their new school.



PHOTO BY CINDY FREE-FETTY

Scouters Mountain Principal Kevin Spooner.

**VERNE A. DUNCAN ELEMENTARY SCHOOL**  
**Mason Branstetter, Principal**  
*Approximately 520 students*

**What are you most excited about this upcoming year?** Most excited to have the students back. I love seeing their smiles in the morning and seeing their growth over the year.

**What is the best part of your job?** All of it. There are aspects of my job that can be challenging, but I enjoy all aspects of working in an elementary school.

**How can the Happy Valley community support your school?** Come and visit. We would love to have volunteers from the community come to our school. We have a volunteer reading program that is very structured and can always use volunteers to read with kids.

**What are two main events coming up for September at your school?**  
Sept. 12 — Family Carnival and barbecue  
Oct. 3 — Jog-A-Thon, our main fundraiser of the year.

**SCOUTERS MOUNTAIN ELEMENTARY SCHOOL**  
**Kevin Spooner, Principal**  
*Approximately 500 students*

**What are you most excited about this upcoming year?** I am excited about several things including a new robust program to improve literacy and language development in our primary grades, arts activities that will include a school-wide fused glass project and the use of new mobile technology in our classrooms to engage students in their learning.

**What is the best part of your job?** I get to watch students grow and learn every day. I also get to watch all of our great teachers teach. There is nothing like it.

**How can the Happy Valley community support your school?** Please visit us. We have a number of volunteer programs for those who are interested. Half of our parking lot is reserved for parents and volunteers. We have an amazing PTA. Along with our PTA, we have a “WatchDOGS” (Dads of Great Students) program that encourages dads and significant males to get involved at the school with their children.

**Events coming up for September at your school?**  
Sept. 18 — Back to School Night

**HAPPY VALLEY ELEMENTARY SCHOOL**  
**Dianna Ngai, Principal**  
*Approximately 425 students*

**What are you most excited about this upcoming year?** Being new at this school, I’m thrilled to become a part of this community. Every school has its own unique culture and strengths. I’m already seeing all the amazing aspects of Happy Valley Elementary. We are a school that values community and fun, but yet takes school seriously and has high expectations for all students.

**What is the best part of your job?** In my role, I have the privilege of working with fabulous staff and wonderful families. Together, as a team, we are able to see children learn and be excited about learning. The world is big and there is a lot to be curious about. It is so exciting to see students become curious, ask questions and be proud of the new things they have learned.

**How can the Happy Valley community support your school?** Safety is my No. 1 priority. It is important to us that we are a community that watches out for our children. If we all spend a few extra minutes watching out for each other’s children, we can make the community that much safer. Parent and community involvement are also incredibly important to us. Lastly, we are always looking for local business partners. In turn, this supports our students.

**What are two main events coming up for September at your school?**  
Sept. 1 — Open House for families  
Sept. 26 — Jog-A-Thon Fundraiser



PHOTO BY CINDY FREE-FETTY

Secretaries Mary Kay Stupfel (right) and Anna Scherbach (left) assist the Murray family with their third and fifth grader registration.



PHOTO BY CINDY FREE-FETTY

Middle school students get photo ID, receive PE uniforms and planners at registration day.

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# Happy Valley homeowners benefit from project slowing down water, preventing erosion

by Ellen Spitaleri

The sight of rushing water in a stream can be lovely, but when that same water is rushing through your basement or eroding the banks under your house and deck — that’s another story entirely.

Luckily for the residents in the Echo Valley section of Happy Valley, Clackamas County’s Water Environment Services personnel were able to mount a project to address the runoff and erosion problems.

Although it took a few years to come to fruition, the Echo Valley Project is complete, and project manager Leah Johanson said she has received no complaints from the six homeowners most affected by the water problems.

One homeowner, Angela Fox, publisher of the Clackamas Review and Oregon City News, said she initially had concerns and did lose some trees during the process, but is pleased by the outcome.

She added, “I would like to compliment Leah Johanson and staff for their continued communication and service. They had to work with the homeowners during the process to answer questions and ensure us that it all would be worth the construction and wait, and they did a great job.”

Johanson, a senior civil engineer with WES, said the project actually began six years ago, when complaints from homeowners began to accumulate about water in crawlspaces and basements and significant erosion on their properties.

Employees at WES already knew about the issues, and the agency was able to purchase the three remaining properties on the Echo Valley site so no more homes could be built there after 1996, Johanson said.

Located at the headwaters of Cedar Creek, the area is “naturally a wetland,” Johanson said, adding that there always has been water there, but with the influx of homes and pavement, two main storm channels developed in the neighborhood.

In the initial stages of the project, homeowners

were sent mailings and invited to attend meetings, held at nearby Clackamas High School.

Neighbors looked at maps of the area and discussed alternatives available.

After the preferred alternative was selected, construction at the site began in the summer of 2013.

“Through constant back and forth with homeowners, we helped them understand what was going on. We asked them to bear with us through construction,” Johanson said.

### Echo Valley Project

The basic goal of the project was to slow down the water in Cedar Creek, divert it away from homeowners’ property and move the flows onto WES-owned land, where it could be naturally filtered.

“We brought in logs to slow down the water and divert it. We also incorporated boulders and planted willow stakes to stabilize the banks along the creek,” Johanson said.

Because the roots of willow trees are so dense, they “hold the soil in and are great stabilizers,” said Gail Shaloum, environmental policy specialist with WES.

Some homeowners were taken aback that trees were cut down, but those trees were non-natives and were too big for the site, Johanson said, adding that they kept as many trees as possible.

Johanson also pointed out that the contractors Tammy and Dean Edgerly, of T. Edge Construction, deliberately left portions of standing tree trunks, called snags, to provide good habitat for nesting birds.

“Those snags are rare in an urban environment,

and so valuable to insects and birds,” Shaloum said.

In addition to installing the logs and boulders, the Edgerlys also removed invasives from the site and replanted it with native species.

“We have an agreement with them that they will continue to keep the invasives at bay to allow the natives” to thrive, Johanson said.

And those natives, including shrubs and wetland

herbaceous plants, will work to “stabilize eroding banks and help filter pollutants from rooftops, cars and whatever people put on their lawns,” Shaloum added.

The project, now complete, has improved livability for homeowners by slowing the water down, moving the flow away from their homes, and enhancing the wetlands, Johanson said, adding that the project also

has created habitat for frogs, ducks and other birds.

### Clackamas High School partnership

Shaloum is now heading up a partnership project with the North Clackamas School District and Clackamas High School, looking for ways “to retrofit the campus, by creating rain gardens, using stormwater planters and installing porous pavement.”

The project has three main goals, and No. 1 is to “see if we can slow down the runoff from any rain events at that site,” she said.

No. 2 is to build some demonstration projects, like creating rain gardens and constructing planters, to educate community members about what they can do to enhance water quality, and filter out pollutants around their homes.

And finally, “we want to provide hands-on

learning for the students. We want to help them apply what they are learning in the classroom to the outdoors. We want them to learn about stormwater, and then come out and build a rain garden,” Shaloum said.

She added that all of these projects apply to the STEM curriculum, which is the study of science, technology, engineering and math.

Also, “when you educate kids, you are educating their families and the community. These kids are going to be the stewards of the land in the future,” Shaloum said.

### WES

Water Environment Services provides surface-water management services, wastewater collection and treatment, and biosolids reuse for seven cities and several unincorporated areas in Clackamas County. Stormwater management, on-site sewage disposal, and water-quality and stream-enhancement projects also are coordinated by WES.

Educating the community is vital, noted J. Michael Read, the interim director at WES.

“When people complain about the surface-water fee, we explain about impervious surfaces and pollutants, like pesticides and urban and agricultural runoff, that end up in the rivers and streams,” he said.

“Luckily Mother Nature provides us with plants to filter out pollutants. We have to remember that we all live upstream of somebody,” he added, noting that Cedar Creek in Echo Valley feeds into Mount Scott Creek, which in turn feeds into Kellogg Creek and, ultimately, the Willamette River.

Gari Johnson, the watershed health education coordinator at WES sums it up this way, Johanson said: “If it’s on the ground, it’s in the water.”

And Shaloum added, “We’re all connected.”

To speak to J. Michael Read, interim director at WES, call 503-742-4560, from 8:30 a.m. to 4:30 p.m. Monday through Thursday. Call Leah Johanson, senior civil engineer at WES, at 503-742-4620; call Gail Shaloum, environmental policy specialist at WES, at 503-742-4597.



PHOTO BY ELLEN SPITALERI  
**Leah Johanson, senior civil engineer with WES, stands by a snag and points out where water channels were diverted at the site of the Echo Valley Project.**



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LOCAL BUSINESS  
HAPPY VALLEY MONTHLY



PHOTO BY CINDY FREE-FETTY

From left to right: Dr. Robert Stafford, Heidi Watts, Casey McCarthy and Sarah Brainard stand in front of professional photographs of patients of Stafford Smiles in Happy Valley.

# Get a better smile at Stafford Smiles

by CINDY FREE-FETTY

“A lot of people don’t realize how much their teeth and smile affect how they feel,” said Dr. Robert Stafford, discussing the positive changes that cosmetic dentistry can add to one’s overall self-confidence.

At Stafford Smiles, located in the Happy Valley Town Center for the last eight years, Stafford and his team not only perform routine dental exams, but also cosmetic dentistry.

There are many dentists who perform cosmetic dentistry, but Stafford is one of only five Oregon dentists accredited by the American Academy of Cosmetic Dentistry, spending years developing the skills it takes to make this passion a reality.

Stafford Smiles specializes in dental procedures including teeth whitening, implants and veneers, as well as one-day crowns and oral-cancer detection.

For those who have ever wondered what they might look like with better teeth and smiles, Stafford Smiles offers the Trial Smile.

“It’s a chance to try out a new look with no commitment,” said Stafford.

“In just about 15 minutes we take an impression, create the optimal smile mold and insert it over the existing teeth. Within minutes our client walks out the door with a new look.

This non-permanent procedure gives the client an opportunity to see the difference, show friends and family and decide if a permanent procedure is for them. Stafford is the only local dentist that offers this service.

For more information about services offered by Stafford Smiles visit [staffordsmiles.net](http://staffordsmiles.net), Stafford Smiles Dentist on Facebook or Stafford Smiles on YouTube.

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# COMMUNITYEVENTS

## History in the making – a Happy Valley timeline

The City of Happy Valley hits its mid-century mark in 2015. Happy Valley became a city on November 17, 1965, as local residents raced to avoid annexation to the City of Portland through incorporation.

Happy Valley is a community that sprouted from the sturdy roots of homesteading pioneers and their farming community to eventually evolve into the popular suburban city it is today. Rich with history, the City is still home to numerous descendants of those original homesteaders. Landmarks like Deardorff Road and Rebstock Park are namesake reminders of earlier times.

To commemorate this 50 year milestone and his ongoing historical archiving, Happy Valley historian Mark Hurlburt is compiling a timeline chronology of Happy Valley history. Mark is a lifelong Happy Valley resident and the Volunteer Coordinator for the Clackamas County Historical Society. He would be very interested in hearing from citizens who may have interesting photos, documents or items of interest for this project. Mark can be reached at [volunteers@clackamashistory.org](mailto:volunteers@clackamashistory.org), or by phone at (503) 655-5574.



Archival art is an important part of the permanent art collection at City Hall. Visitors are immediately greeted by a historic display depicting the homesteading days of the late 1800’s through the mid-century 1900’s and the arrival of the modern conveniences of the era. Throughout the building, other photographs of historical interest are on display.



## "EnviroGoats" are hoofin' it to Clackamas County Service District No. 1

For the very first time, vegetation-munching goats plus a llama will assist Water Environment Services (WES) this fall by clearing weeds from hard-to-mow stormwater treatment ponds within CCSD#1. Goats provide a natural solution to using pesticides and power tools that won't cause erosion and are suited for sensitive areas, as well as steep terrain.

"Instead of using mechanical processes that can be tough on our facilities, Goats have small but sturdy hooves, amazing appetites and digestive systems that will take care of the mowing and the debris on-site," said Greg Geist, WES Water Quality Manager.

Stormwater treatment ponds hold and filter surface water runoff during the rainy season so that the water can be captured and absorbed slowly to improve its quality before entering groundwater and eventually a nearby river or stream.

"We are extremely excited about the goats, not only for their hard work and environmental-friendliness, but also for the educational opportunity they will provide for North Clackamas students," explained Tim Kay, WES Sanitary and Stormwater Technician, and an alumnus of North Clackamas' Owen Sabin Skills Center, which is now the Sabin-Schellenberg Professional Technical Center.

Students attending schools nearby district treatment ponds are being invited by the Watershed Health Education Program (WHEP) to visit the goats with their teachers to learn about the water cycle or hydrologic cycle and how they can help protect their watershed. For more information on WHEP or to get involved, please visit <http://www.riverhealth.org/get-involved>.



Mowing with Goats features Blue, a 3-year old Spanish goat who is sweet, affectionate and polite.

### ATTENTION POOL/SPA OWNERS!

Water from swimming pools and hot tubs can contain high levels of chlorine and will kill fish and other aquatic life if released into storm drains or nearby waterways. **Please discharge chlorinated water into the sanitary sewer system where it will be treated at the water pollution control plant.**

**Go to [www.RiverHealth.org](http://www.RiverHealth.org) for more information or call 503-742-4567.**





Sept. 17 — at Oregon City (CCC)  
 Sept. 20 — at Oregon City Invitational 9 a.m.  
 Oct. 1 — at Reynolds  
 Oct. 4 — at Champoege Invitational 1:30 p.m.  
 Oct. 8 — at Barlow  
 Oct. 10 — at Sandelie Classic (Wilsonville)  
 4:15 p.m.  
 Oct. 15 — at Gresham  
 Oct. 22 — Mt. Hood Conference  
 Championships (Centennial H.S.)



# La Salle Prep Varsity Sport Schedules Fall 2014



### FOOTBALL

Sept. 5 — Milwaukie at La Salle  
Sept. 12 — at Parkrose  
Sept. 19 — Hillsboro at La Salle  
Sept. 26 — at Marist  
Oct. 3 — Wilsonville at La Salle  
Oct. 9 — at St. Helens  
Oct. 17 — at Sandy  
Oct. 24 — Putnam at La Salle  
Oct. 31 — at Liberty  
\*Kickoff 7 p.m.

### VOLLEYBALL

Sept. 2 — at Valley Catholic 6 p.m.  
Sept. 4 — at Sandy  
Sept. 6 — at Mt. View Tournament  
Sept. 9 — Milwaukie at Wilsonville 4 p.m.  
Sept. 11 — St. Helens at La Salle  
Sept. 16 — at Parkrose  
Sept. 18 — at Hillsboro  
Sept. 23 — at Putnam  
Sept. 25 — Liberty at La Salle  
Oct. 2 — Parkrose at La Salle  
Oct. 6 — at St. Helens  
Oct. 8 — Putnam, Hillsboro at La Salle 4 p.m.  
Oct. 14 — Wilsonville at La Salle  
Oct. 16 — Sandy at La Salle  
Oct. 18 — at West Linn Tournament  
Oct. 21 — at Liberty  
Oct. 23 — Milwaukie at La Salle  
\*League matches start at 6:45 p.m. unless noted

### GIRLS SOCCER

Sept. 3 — V.Catholic at La Salle 6:30 p.m.  
Sept. 9 — at Scappoose 6:30 p.m.  
Sept. 15 — Cleveland at La Salle 6:30 p.m.  
Sept. 18 — Gresham at La Salle 6:30 p.m.  
Sept. 23 — Beaverton at La Salle 6:30 p.m.  
Sept. 25 — at Hood River 6:30 p.m.  
Sept. 30 — at Putnam 6:30 p.m.  
Oct. 2 — Parkrose at La Salle 6:30 p.m.  
Oct. 6 — at Sandy 6:30 p.m.  
Oct. 8 — St. Helens at La Salle 6:30 p.m.  
Oct. 14 — Hillsboro at La Salle 6:30 p.m.  
Oct. 16 — at Liberty 6:30 p.m.  
Oct. 21 — Wilsonville at La Salle 6:30 p.m.  
Oct. 23 — at Milwaukie 6:30 p.m.

### BOYS SOCCER

Sept. 9 — Centennial at La Salle  
Sept. 11 — at Astoria 6 p.m.  
Sept. 16 — Franklin at La Salle  
Sept. 18 — at McNary 6:30 p.m.  
Sept. 23 — at Lakeridge 6:15 p.m.  
Sept. 25 — Hood River at La Salle 6:30 p.m.  
Sept. 30 — Putnam at La Salle 6:30 p.m.  
Oct. 2 — at Parkrose 6:30 p.m.  
Oct. 6 — Sandy at La Salle 6:30 p.m.  
Oct. 8 — at St. Helens 6:30 p.m.  
Oct. 14 — at Hillsboro 6:30 p.m.  
Oct. 16 — Liberty at La Salle 6:30 p.m.  
Oct. 21 — at Wilsonville 6:30 p.m.  
Oct. 23 — Milwaukie at La Salle 6:30 p.m.

### CROSS COUNTRY

Sept. 5 — at Marist Invitational 4:40 p.m.  
Sept. 10 — at NWOC Preview (Blue Lake Park) 4 p.m.  
Sept. 20 — at Northwest Classic (Lane CC) 2:20 p.m.  
Sept. 24 — at Liberty  
Oct. 4 — at Harrier Classic (Bryant Park) 12:40 p.m.  
Oct. 8 — at Sandy  
Oct. 10 — at Sandelie Classic (Wilsonville) 4:15 p.m.  
Oct. 22 — NWOC Championship (Blue Lake Park) 3 p.m.



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# PUBLIC SAFETY

## Clackamas Fire District #1 Partners with PulsePoint to Empower Citizen Rescuers

Clackamas Fire District #1 is pleased to announce its partnership with PulsePoint, a free mobile app that empowers everyday citizens to provide life-saving CPR to victims of sudden cardiac arrest by alerting CPR-trained bystanders to someone nearby in need of assistance. Sudden Cardiac Arrest (SCA) is a leading cause of death in the United States, accounting for an estimated 325,000 deaths each year, nearly one person every two minutes.

In the event of a SCA, every minute counts; without oxygen-rich blood, permanent brain damage or death can occur in less than 8 minutes. The value of PulsePoint resounded last May when a Milwaukie man's life was saved after suffering a SCA event. Off-duty firefighter Scott Brawner was working out at a local health club when he received an alert through PulsePoint.

Using the map presented by the PulsePoint app, Scott immediately made his way to the reported patient location. In less than a minute, Scott found the man unconscious in the parking lot outside of the health facility where a security guard had first found him unresponsive and called 9-1-1. Scott immediately assessed and began

hands-only CPR. He continued providing chest compressions until paramedics from American Medical Response (AMR) and Clackamas Fire District #1 arrived to provide advanced care. Since the app requires a connection to the local public safety communications center, it is only available where adopted and implemented by the local Fire/EMS agency.

Clackamas Fire District #1 is proud to be one of the first to partner with PulsePoint to empower citizen rescuers. The app is activated by the local public safety communications center simultaneous with the dispatch of local fire and EMS resources and is only activated if the event is occurring in a public place (the app is not activated for residential addresses). For more PulsePoint information and direction to download the app, visit our website at [www.clackamasfire.com](http://www.clackamasfire.com).



# EVENTS

HAPPY VALLEY MONTHLY



PHOTO BY CINDY FREE-FETTY

There are dozens of geocaches right in the Happy Valley area. Simply download a geocaching app (there are many to choose from) onto a smartphone and you are off and running.

## Join the hunt, go geocaching in Happy Valley

by CINDY FREE-FETTY

“Bam Bam would like this.” That’s the hint. “Don’t Fly By Me.” That’s the title. “You are 131 feet away.” “What?” you ask.

This is geocaching, a worldwide scavenger hunt that is happening right now, all around you. This cache, for example, can be found in a small, cheetah-tape covered, film container hidden within a boulder retaining wall on Sunnyside Road near the Hawk’s Ridge Apartments. Get it?

According to the website, [geocaching.com](http://geocaching.com), “Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location.”

Historically, the word cache was understood as a hiding place to temporarily store something, and since the early 2000s more and more adventurers have made this hide-and-seek challenge a hobby — thus geocaching was born, and “the combination of earth, hiding and technology make geocaching an excellent term for the activity.”

Today, adventurers seek out different levels of difficulty in finding the geocaches, from expert levels with complicated access and coordinates, to family friendly scavenger hunts where small treasures are placed in the cache for discovery and trade.

The containers range in size and most apps will give the hunter hints or riddles to help aid in the find. Discover new places and challenge your mind to a game of hide and seek.

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# PUBLICSAFETY

## School Days Return - Keep Our Kids Safe

*by Steve Campbell, Director of Community Services & Public Safety*

A new school year brings excitement, high expectations and sometimes a touch of anxiety to everyone involved in this familiar fall ritual. Parents, students and teachers all play important roles in a safe and successful school year. Our usual safety message this time of year is a reminder to drivers about the laws regarding school zones, buses and crossings. Before addressing those very important reminders, I'd like to expand the topic a bit.

As a parent, I know there are many hours when my children are out of my sight, and under the supervision of other capable adults. All parents understand that we cannot be with or protect our children 100% of the time. Our job is to prepare them, minimize their exposure to unsafe situations, and always keep the lines of communication open. In today's world, we can no longer simply shrug and say "kids will be kids" when met by a tearful report of a distressing event. Fortunately, most are minor blips resolved by the next recess period. But, do let your children know that you take their concerns seriously, and encourage them to always share and confide in you if any incident has made them feel unsafe or uncomfortable.

### Bullying

Bullying isn't just a playground scuffle. It can take many forms: physical (hitting,

punching, inappropriate touch), verbal (name-calling or intimidation) or emotional or cyber bullying through social snubbing or damaging internet posts. If you feel your child is being targeted, ask questions to fully understand the situation- who is involved, what occurred and where and how often did it happen? Make sure your child knows he or she is empowered by speaking up to you, a teacher or a trusted adult, and to never let embarrassment or fear of retaliation keep them silent. After you have assessed the situation, you can try and suggest possible solutions for the small stuff; find a new lunch partner or after-school playmate if personalities don't click. But if necessary, make sure you follow through with your child's teacher to address bullying. School authorities need to know what is happening if they are going to assure your child's safety and resolve the problem.

### Kids on the Streets

Whether your child walks to school, rides a bike or takes the bus, they should be frequently reminded about safety



precautions. Students who walk to school should be taught to always walk on the sidewalk, cross the road only in marked crosswalks and always obey crossing guards. If they walk on a street without a sidewalk, they should always walk facing traffic. Bike riders should ride on the right side of the road, with traffic, and ride single file if riding with companions. They should always walk their bike across an intersection. Their bike should fit their size- not too big or too small, and always wear a properly fitted bike helmet. If your student takes the bus, remind them to remain seated and avoid horseplay that can distract the driver. Don't let your children use iPod's or other headsets when they bike or walk, and remind your bus rider to remove any earbuds when exiting the bus. What they can't hear can seriously injure them.

### Bus Stops

Walk younger students to their bus stop. Make them repeat the safety rules: to only cross at street corners or crosswalks, to

never run out into the streets or play around at the bus stop; and to never walk behind the school bus, but only in front of the bus where the driver can see them and monitor a safe crossing with red lights flashing.

### Driving Responsibly

Don't let distractions or a time crunch endanger your child or someone else's. Please slow down and stay alert in the residential neighborhoods as students head to bus stops or back home. Understand that flashing yellow lights on a school bus indicate the bus is preparing to stop. You should immediately slow and prepare to stop. Red flashing lights and the extended stop arm means the bus has stopped and is either loading or unloading kids. Cars approaching from either direction must stop and remain stopped until the red lights stop flashing, the stop arm is retracted and the bus begins to move. In school zones, you must follow the 20 mph posted school zone speed when it's flashing between 7 am and 5 pm on school days, or whenever children are waiting or occupying a school crosswalk, with or without a crossing guard.

**An old safety slogan says it best:  
Safety starts with S,  
but begins with You!**

# PUBLICSAFETY

## September is National Preparedness Month

Clackamas Fire District #1 is committed to creating a more disaster resilient community. Throughout the month of September, Clackamas Fire will be observing National Preparedness Month. By partnering with residents and community partners in the District, we will work to share the preparedness message. We are available to speak to clubs, neighborhood associations, businesses, office staff, church groups, etc, on the subject of emergency preparedness. The 45 minute discussion takes a very practical approach to individual and family preparedness. Please call (503) 754-2902 to schedule a presentation for your group.

The big event for the month will be the Community Emergency Preparedness Seminar. This free seminar will take a more in-depth

look at the Elements of Preparedness, including: food storage, 72-hour kit preparation, family communication plans, and much more!



### Emergency Preparedness Seminar

**Date:** Tuesday, September 30th

**Time:** 6:00 - 8:00pm

**Location:** Clackamas Fire District #1 Training Center  
16170 SE 130th  
Clackamas, OR 97015

**Cost:** FREE

Seating is limited, so please go to [www.clackamasfire.com/disasterprep.html](http://www.clackamasfire.com/disasterprep.html) to enroll today!

For more information contact: Gregg Ramirez at (503) 754-2902 or [gregg.ramirez@clackamasfire.com](mailto:gregg.ramirez@clackamasfire.com)



## EXPLORING THE FUTURE

North Clackamas Parks & Recreation District

Clackamas County will be approaching voters with a ballot measure on Nov. 4 which would re-form the North Clackamas Parks and Recreation District as an independent district separate from county government, at a new higher tax rate.

You can get information about what these changes would mean as well as explore a "virtual open house" which showcases the District's current draft Master Plan. The Master Plan will shape the future of parks and recreation in your community for the next 10 years.

Visit [ncprd.com](http://ncprd.com) where you can navigate through the Master Plan virtual open house. Here, you'll find short surveys, key findings, an interactive presentation and a flip book of the entire document you can browse through.

**Shape the future of your parks district by giving your feedback. Weigh in on the new Master Plan at:**

**[ncprd.com](http://ncprd.com)**



COMMUNITYEVENTS

Street of Dreams Celebrates Veterans



A day to honor U.S. veterans and their families rolled out in patriotic fashion on Friday, August 15th at the Street of Dreams.

The tribute to military visitors and their families included a flag raising ceremony and a program featuring speakers Colonel Jim Gregory and U.S. Navy Lt. Cmdr. George Bigford, who reminisced on their service careers. Bigford, 92, and still quite distinguished in his dress whites, was the first pilot from the Navy's "Top Gun" fighter pilot program. Despite overcast skies, the Warbirds Over Oregon were able to perform a visible and exciting fly-over in a WWII era AT6. A stirring replay of Ronald Reagan's speech describing the need to fight against tyranny was broadcast.

Elected officials in attendance included Happy Valley Mayor Lori DeRemer who welcomed the crowd, Council President Markley Drake and Councilors Michael Morrow and Tom Ellis. After the program, military visitors and their families were treated to lunch and all day tours of the Street of Dreams.



A salute to veterans commenced with a flag raising ceremony and a program celebrating their sacrifices and dedication for country. Above: Mayor DeRemer greets honored guests.



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EVENTS

HAPPY VALLEY MONTHLY

# Historical Outreach Foundation works to complete Oregon Military Museum

by CINDY FREE-FETTY

It was a patriotic crowd that gathered at the first annual NW Natural Street of Dreams Military Appreciation Day.

The event kicked off with a fly-by from a vintage military plane representing days gone by and paying respect to the over 1,000 military men and women currently deployed outside the United States, and hundreds more devoted to protecting Oregon through the National Guard.

State and local politicians, members of the military and local veterans joined in prayer, stories and the celebration of living in a land of freedom, where citizens can enjoy the blessings of the creativity to build beautiful homes and set aside a special day to honor veterans by offering them free admission to the tour, good music and lunch.

**Honoring Oregon Veterans**

Quartermaster Chief David Warden, who works for the Historical Outreach Foundation,

also expressed the importance of community outreach.

“You know that feeling you have when you want to thank a veteran? That feeling you get when you attend events like this and wonder what you can do to help,” Warden asked.

“The Historical Outreach Foundation helps us remember that the answer is simple: Remember them.”

**Historical Outreach Foundation**

The Historical Outreach Foundation is currently working to complete the Brigadier General James B. Thayer Oregon Military Museum at Camp Withycombe located in Happy Valley.

The renovation will create a world-class museum and quality regional attraction to honor and remember all branches of the military.

Currently there are over 14,000 artifacts and archives ready to commemorate Oregon’s military past and present. For more information and opportunities to donate visit [historicaloutreach.com](http://historicaloutreach.com).

As the crowd gathered, U.S. Navy Lt. Cmdr. George Bickford, 92, told stories of his love of planes, experience teaching at Top Gun flight schools and his appreciation for a career in the construction industry. Bickford said, “I love the Navy and I spend as much time as I can helping it.”



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[www.sunnysidefarmersmarket.com](http://www.sunnysidefarmersmarket.com)

# COMMUNITYEVENTS

## National Night Out 2014



**The Mayor and City Council look forward to an evening of neighborhood visits to celebrate National Night Out.**

Happy Valley’s National Night Out (NNO) marked the City’s 7th annual celebration and participation in this nationwide event that promotes safe communities through police and community partnerships. Organized by the National Association of Town Watch, NNO is now in its 31st year and reports over 37.8 million people and over 16,000 participating communities taking part on this night of neighbors united against crime.

Following the national trend, Happy Valley’s event has grown larger every year. The August 5th event was the City’s largest ever, with 28 block parties registering over 2,100 participants. Prior to the 6 pm - 9 pm team visits to participating street parties, law enforcement and emergency responders joined with City staff, councilors and safety committee members for a pre-event dinner

hour to reacquaint themselves with their partnering agency teams and for a quick review of neighborhood maps marking their evening assignments.

As fire trucks and police cars arrived with lights flashing and sirens sounding, excited neighborhood kids were ready to swarm their visitors for the anticipated safety loot hand-outs that included glow-in-the-dark necklaces, stickers, firemen hats and more. Neighborhood organizers reinforced the fun with delicious pot lucks and barbecues, and plenty of activities for the kids on a special night of traffic-free street parties.

Happy Valley has garnered awards for its event. In 2012, for communities with populations under 15,000, the City’s event earned the number one spot in Oregon, and 15th in the nation.



**City Public Safety Director Steve Campbell greets law enforcement and emergency responders as Clackamas Fire Chief Fred Charlton looks on.**



**A mobile Shave Ice vendor brings a smile and a tasty treat to a tiny customer.**



**Junior firefighters take a look inside one of the big rigs.**



**HV Police Officer Ben Toops visits with families at NNO.**



# SUNNYSIDE LIBRARY

## SEPTEMBER HAPPENINGS at the Sunnyside Library

### Intercambio/Language Exchange

Sundays, 12:30-2pm  
For adults – Practice speaking English and Spanish in a fun and friendly way. We spend 45 minutes speaking in Spanish and another 45 minutes speaking in English. Improve your language skills and help others do the same. Speakers of all levels are welcome. Para adultos – Practica inglés y español en un ambiente agradable. Platicaremos en español por 45 minutos y en inglés por otros 45 minutos. Mejore su inglés y ayude a otros a mejorar su español. Todos son bienvenidos.

### Note Night – No Time 2 Lose

Wednesday, September 10, 6:30-7:30 pm  
For all ages – Enjoy some live music while you browse for books or sit and savor the sounds. Featuring different local artists each month. This month features members of the band No Time 2 Lose performing Bluegrass, Blues & American Traditional music with a little John Prine and Gordon Lightfoot thrown in.

### Mr. Hoo

Saturday, September 13 at 10:30 am  
Who is Mr. Hoo? A children’s musician who plays guitar and kazoo for an exciting morning of music fun.

### String-Along

2nd and 4th Sundays of each month  
September 14 & 28, 2-5 pm  
For adults – Bring your acoustic guitar, fiddle, ukulele or other stringed instrument to the Sunnyside Library on the 2nd and 4th Sundays of the month and share some tunes with other musicians. Adults of all skill levels are invited to drop in and play some American traditional Bluegrass or Folk music in a casual, jam-style setting. Bring a song you know to share.

### Genealogy Club

Mondays, September 15, 22, & 29, 1-4 pm  
For adults – Come discover your amazing family history. Get together to find the clues that lead to your family’s unique story. Learn how just a bit of research can open up new discoveries. Be a family history detective!

### Pajama Storytime

Tuesday, September 16 at 6:30 pm  
Come in your PJ’s for a nighttime storytime, games and crafts.

### Crafting Club

Wednesday, September 17, 6:30-8 pm  
For adults – If you love to make things, be creative and crafty, and would enjoy some company while you work, come to the library and join the club! Beading, stamping, quilting, knitting, scrapbooking, sketching, stitching, whatever your interest may be. Share your ideas and get some inspiration from others in a casual, creative setting.

### Kristina McMorris – From Fact to Fiction

Thursday, Sept. 18, 6:30-7:30 pm  
For adults – Join New York Times bestselling author Kristina McMorris as she discusses the remarkable true stories that inspired her novels, her in-depth research adventures (including a ride on a B-17), and the greatest challenges she’s faced in writing historical fiction.



### Let’s Lego

Saturday, September 20, 1:30-3 pm  
For ages 5 and up – We’ll supply the LEGOs; you bring your creativity! Build with other LEGO fans and then tear down your constructions.

### A Night with The Stars

Tuesday, September 30, 6:30-9 pm  
For adults and teens – Come meet with an expert from Rose City Astronomers and learn about eclipses, the planets, how the solar system is delicately balanced, and history of the cosmos. Afterwards, stay and use a telescope to get a good look at objects in the cosmos.



### SUNNYSIDE LIBRARY

13793 SE Sieben Park Way  
(Off SE 147th Ave & Sunnyside Rd)  
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## EVENTS

HAPPY VALLEY MONTHLY

## 13-year-old local guitarist wows audience at Happy Valley concert



PHOTO SUBMITTED BY THE HERMES FAMILY  
Michael Hermes performed Aug. 14 with the band Hit Machine at Happy Valley Park.



by CINDY FREE-FETTY

“He received two guitars from his aunt for Christmas. One day I heard this music coming from his room and thought he had managed to download something off of YouTube. I opened the door. He was playing the guitar, full, beautiful songs,” said Kathryn Hermes, Michael Hermes mother.

He was 6 years old.  
Michael Hermes, now a 13-year-old Happy Valley Middle School eighth grader, had never even picked up a guitar until that day when he found an ’80s music site on YouTube that his dad had told him about, and started strumming along.

“My parents put me in lessons and I’ve been playing ever since,” said Michael.

For the past seven years, Michael’s self-taught talent has taken him to the stage, to private events and, as a member of the reputable Portland-based music program, to School of Rock. He has received accolades, including the gifts of hand-crafted guitars, strings, amps and sponsorships from the likes of Seymour Duncan and Hughes and Kither.

Although both classical and electric guitar are Michael’s primary musical tool, he has also taught himself to play the piano, keyboard, drums and “now I’m teaching myself to play the ukulele.”

He recently played at the Guitars Under the Stars event where he performed his own, 45-minute solo set, as well as at the Happy Valley Concerts in the Valley with the band Hit Machine.

“I would have to say that Michael is a rare breed these days...He sounds like he’s been playing guitar forever, but that can’t be with how old he is. You can only get that far in such a short time with true passion and dedication,” said Bart Hafeman, a member of Hit Machine.

“The best thing about being able to play guitar,” said Michael, “is being on stage, thinking about all the people looking up and seeing me.”

This doesn’t surprise his mom. “Whenever he is writing something new, he always likes us to stop and let him share,” she said.

Next up for Michael? “I’m trying to put together a jazz fusion group with my School of Rock band,” he said. “I would love to play at the Pickathon Festival here in Happy Valley. That would be awesome, a dream.”

“He’s also writing his own music,” his mother said, adding, “If this is what he wants to do, whether for a hobby or career, he’s such an inspiration for both kids and adults and will be able to share this for a long time.”

For more information about Michael Hermes visit michaelhermes.com or his Facebook page michael hermes musician/band or search for him on YouTube.



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# Summer concerts full of fun for all ages



# COMMUNITYEVENTS

## Concert recap and thank you to Sponsors



Great weather, music, sponsors and vendors were the winning combination for a terrific summer concert series.

The summer concert series drew to a close with the August 21st performance by Patrick Lamb, nationally acclaimed R&B and jazz performer, and Happy Valley fan favorite. Thanks to a wonderfully warm and dry summer and an array of in-park vendors offering food, beverage and treats, local music lovers filled the park at each and every concert.

Concerts in the Valley featured six Thursday evening lawn concerts from July 17th through August 21st, starring Curtis Salgado, Ian McFeron, Midlyfe Crisis, Beth Willis Rock Band, Hit Machine and Patrick Lamb. These seasoned performers each brought their special sound and style- from blues, funk, R&B to classic, country and alternative folk rock sounds.

Free community events in Happy Valley are made possible through the generous support of the local business community. The City would like to express its gratitude to Concerts in the Valley sponsors David & Dawn Golobay- Sun Glow Heating & Air Conditioning, James Maciokas- Country Financial and the Clackamas Review. We also acknowledge the hard working vendors who kept our visitors happy with food and beverages: Valley Growlers, Papa Murphy's, Steam Werkz Hot Dog & Shave Ice Cart, and iCandy.

**Next up: Harvest Fest on October 25th at Happy Valley Park!**



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The desire to become a doctor began in my high school years at St Mary's Academy in downtown Portland. Throughout my high school years, I worked with kids with disabilities, in nursing homes and hospitals, and as a nanny for 2 children. These experiences painted a full picture and helped me gain a better understanding of what area of medicine I wanted to pursue. That full picture provided the 'Ah Ha' moment that was the birth becoming a family medicine doctor.

The philosophy of osteopathic medicine has always been to embrace every person as a whole being; physical, emotional, and spiritual.

My medical practice mirrors this approach. I am honored to be chosen as your doctor to help you with your healthcare and to fully practice holistic medicine with you as a partner. Your life and health is precious.

I am a wife, mother, sister, and daughter and embrace these roles as I do everything...with love and compassion. I see all ages in my practice. I have a strong respect and admiration for the elderly as well as young mothers and fathers who are new to juggling life's challenges.

In my off hours, I enjoy time with my husband and children. As each of our children begin to leave the fold for college, I am constantly reminded how special the time is we spend together as a family. In my quiet times, I enjoy praying, scrapbooking, reading and family vacations at the beach. Call today for your appointment! 503.659.4988

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# BUSINESSPROFILE



**Hearts of Gold Pet Services**  
**Owners: Ken Markert and Lauren Bishop**  
**503-761-5561**  
**www.HeartsOfGoldPetServices.com**

Who lets your dogs out and chitty-chats with your kitty cats while you're away from home? Hearts of Gold Pet Services does.

Owners, Ken Markert and Lauren Bishop have been providing professional pet sitting and dog walking services to East Multnomah and Clackamas Counties since 2008.

When their own Labrador got sick, they became experts at giving shots, pills and extra love and care to an ill pet. They realized they weren't the only pet parents who had a special needs pet, and there were countless others who had pets that wouldn't do well in a doggie daycare or boarding facility.

Ken and Lauren started Hearts of Gold Pet Services to provide personalized, loving pet care in your home, so your pets can feel safe and happy in their own familiar surroundings while you're away.

As certified professional pet sitters, they provide dog walking, day visits and overnight stays. They are bonded, insured, have a clean background check and pet first-aid training.

Ken and Lauren are passionate about animals. Each year they coordinate a holiday pet food drive for SnowCap Charities. In the last five years, 13,794 pounds of pet food have been donated. Ken volunteers at Oregon Humane Society and they donate to many animal-related organizations.

The next time you travel for business or pleasure, need to spend a long day at the office, want to attend a special event, or you are recovering from a medical condition, give Hearts of Gold Pet Services a call, 503-761-5561. For more details, [www.HeartsOfGoldPetServices.com](http://www.HeartsOfGoldPetServices.com).

LOCAL BUSINESS  
HAPPY VALLEY MONTHLY

# Aspire to be your best

by CINDY FREE-FETTY

It's a boutique gym — small and intimate and specializing in the latest fitness trends, but focused on quality and value.

"If someone is looking to get fit in a place that feels like community, like home, Aspire is the place," said Holly Yeck, owner of Aspire Fitness in Happy Valley.

Since last March, men, women and even children (through the Born to Move program for 2 to 5 year olds) have been enjoying fitness in this micro-gym atmosphere. Intimate studios offer a variety of group classes such as Barre, Body Pump, GRIT, TRX and more, and private personal training sessions are also available.

Daycare is offered during most classes. According to Yeck, who is from Happy Valley and has two children of her own, "I wanted to use my fitness and dance background to operate a successful business in the area. I was ready to take off the heels I'd been wearing in my marketing career and offer a place in my community, where people can conveniently come and feel like they belong."

For more information visit [aspiretotalfitness.com](http://aspiretotalfitness.com) or download the mobile app to register for classes.

PHOTO BY CINDY FREE-FETTY  
**Holly Yeck, owner of Aspire Fitness, and Genelle Holub, owner of face it Aesthetics, which offers a variety of clinical aesthetics in a private room at the fitness center.**



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